

# Adrenalina

Count: 64

Wand: 2

Ebene: Easy Intermediate

Choreograf/in: Ria Vos (NL) - March 2014

Musik: Adrenalina (feat. Jennifer Lopez & Wisin) (Spanglish Version) - Ricky Martin



**Intro: 28 Counts from start of track, on vocals (± 13 sec)**

## **R Side, Together, R Shuffle Fwd, L Side, Together, L Coaster Step**

- 1-2 Step R to R Side, Step L Next to R
- 3&4 Shuffle Fwd Stepping R-L-R
- 5-6 Step L to L Side, Step R Next to L
- 7&8 Step Back on L, Step R Next to L, Step Fwd on L

## **R Heel Grind, ¼ Turn R, R Coaster Step, L Cross, Flick, R Crossing Samba**

- 1-2 Grind R Heel Across L, ¼ Turn R Step Back on L
- 3&4 Step Back on R, Step L Next to R, Step Fwd on R
- 5-6 Cross L Over R, Flick R to R Side
- 7&8 Cross R Over L, Rock L to L Side, Recover on R

## **L Cross, Side, Behind-Side-Cross, R Side, Hold (Bump), & R Side, L Touch**

- 1-2 Cross L Over R, Step R to R Side
- 3&4 Step L Behind R, Step R to R side, Cross L Over R
- 5&6 Step R to R Side, Hold and Bump Hips R Twice
- &7-8 Step L Next to R, Step R to R Side, Touch L Next to R

## **¼ L, ½ L, Shuffle ½ Turn L, Heel Switches, R Step, L Kick**

- 1-2 ¼ Turn L Step Fwd on L, ½ Turn L Step Back on R
- 3&4 Shuffle ½ Turn L Stepping L-R-L
- 5& Touch R Heel Fwd, Step R Next to L
- 6& Touch L Heel Fwd, Step L Next to R
- 7-8 Step Fwd on R, Kick L Fwd

## **Cross, Unwind ½ Turn R, R Kick-Ball-Cross, R Side Rock, R Kick & Point**

- 1-2 Cross L Over R, Unwind ½ Turn R (weight on L) \*\*Restart Point wall 4
- 3&4 Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R \*Restart Point wall 2
- 5-6 Rock R to R Side, Recover on L
- 7&8 Kick Fwd on R, Cross R Over L, Point L to L Side

## **¼ L, Scuff ¼ L, R Chasse, L Rock Back, L Scissor Cross**

- 1-2 ¼ Turn L Step Fwd on L, Scuff R Next to L Turning Another ¼ Turn L
- 3&4 Step R to R Side, Step L Next to R, Step R to R Side
- 5-6 Rock Back on L, Recover on R
- 7&8 Step L to L Side, Step R Next to L, Cross L Over R

## **R Side Rock, R Cross, ¼ Turn R, R Sailor ¼ Turn R, L Step Fwd, R Tap Behind**

- 1-2 Rock R to R Side, Recover on L
- 3-4 Cross R Over L, ¼ Turn R Step Back on L
- 5&6 Step R Behind L Turning ¼ Turn R, Step L Next to R, Step Fwd on R
- 7-8 Step Fwd on L, Tap R Behind L Heel

## **Rock Back (with Kick, Flick), Shuffle Fwd, Rock Fwd, R Coaster Cross**

- 1-2 Rock Back on R (option: Low L Kick Fwd), Recover on L (option: Flick R Backwards)

3&4 Shuffle Fwd Stepping R-L-R  
5-6 Rock Fwd on L, Recover on R  
7&8 Step Back on L, Step R Next to L, Cross L Over R

**Restarts: On wall 2 After count 36\*, On wall 4 After count 34\*\* both facing 12:00**

**Contact: [dansenbijria@gmail.com](mailto:dansenbijria@gmail.com)**

---